

## SINGING TELEGRAMS

Are you looking for a unique Valentine's Day idea for your sweetheart, friend or family member? Why not send them a singing telegram? Our very own Singing Seniors will go to the home or office of your loved one and serenade them. Telegrams can be arranged for any of the following dates:

**Thursday, Friday or Monday - February 9, 10 & 13**



Call Senior Services to arrange the telegram.

Cost is \$10.00 for two songs. You can choose the songs from a list or special requests will try to be accommodated.

All money raised goes to Senior Services.

This is open to all ages.

**Book soon - Deadline to Reserve is February 1st**

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# JANUARY SPECIAL EVENTS - MOCKSVILLE SITE

Our Mocksville site is located at 278 Meroney Street. Hours are Monday - Thursday, 8:00am - 8:00pm, Friday, 8:00am - 5:00pm, Saturday - 9:00am - 1:00pm. Phone Number is 336-753-6230.

## Happy New Year!

### SENIOR FINANCIAL CARE

Tuesday, January 3 - 8:30am - 4:30pm - by appt. - Media Room  
Counselors provided by Senior Financial Care of Winston Salem  
See all the details on page 20.

### BLOOD PRESSURE SCREENINGS

Tuesday, January 3 - 10:45am - MP Room A  
Screener: Davie County Home Health representative  
See all the details on page 16.

### MASSAGE THERAPY

Tuesday, January 3 - 1:00pm - 4:00pm - by appointment only - Classroom B  
Cost: \$30.00 for 30 minute massage  
See all the details on pg. 16.



### THE BASICS OF INVESTING

Wednesday, January 4 - 1:00pm  
Multipurpose Room B  
Speaker: Brenda Battle, Edward Jones Investments

Cost: Free

RSVP by Dec. 28

Ms. Battle will share with the group easy ways to get started investing, and the basics that you need to know before starting. Open to adults of all ages - no children, please.

### HANDBELLS

Friday, January 6 - 10:00am - MP Room B  
See all the details on pg. 17.

### CASINO NIGHT

Friday, January 6 - 6:00pm - MP Rooms A & B  
Cost: Free  
RSVP by Dec. 30



We will have some of your favorite casino games on hand for you to play. After the games, players will "cash in" their chips for door prize tickets. A light dinner will be served. No real money will be used. Open to adults 55 and older and exceptions under the general participation policy.

### ASK THE DOCTOR

Monday, January 9 - 10:45 - 11:15am - MP Room A  
Speaker: Dr. George Kimberly  
See all the details on page 16.

### MONTHLY MOVIE - "ARTHUR"

Monday, January 9 - 2:00pm - Multipurpose Rooms A & B  
Cost - Free  
RSVP by December 30  
MPLC license No: 12377840

In this modern remake, Arthur has to choose between marrying the woman his mother approves of, or taking a chance with the woman of his dreams and losing his inheritance. Starring Russell Brand, Helen Mirren, Greta Gerwig and Jennifer Garner, this movie is rated PG-13 for alcohol use throughout, sexual content, language and some drug references. Run time is approximately 1 hour and 50 minutes. It is open to adults 55 & older and exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for all movies whenever available.*

### SENIOR LUNCH

Tuesday, January 10 - 11:30am - MP Room B  
Speakers: Ed & Sue Curtis, Salisbury Confederate Prison Association, Inc.  
Cost: Free  
RSVP by Jan. 3

Come hear some fascinating history about the Salisbury Confederate Prison and the people who were there. A delicious lunch will be served after the presentation. Open to adults 55 & older and exceptions under the general participation policy.

# JANUARY SPECIAL EVENTS - MOCKSVILLE SITE

## **SCRAPBOOKING**

**Tues., January 10 - 2:00pm - Classroom B**  
**RSVP by Jan. 3**

See all the details on pg. 11.

## **ALZHEIMER'S SUPPORT GROUP**

**Tues., January 10 - 6:30pm - Classroom B**  
See all the details on pg. 20.

## **KNITTING/CROCHETING GROUP**

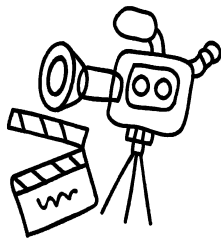
**Thurs., Jan. 12 - 1:00 - 3:00 - Classroom B**  
See all the details on pg. 12.

## **FRIDAY AFTERNOON AT THE MOVIES - NEW!!**

**Friday, Jan. 13 - 2:00pm - MP Rooms A & B**

**RSVP by Jan. 6**

During the winter quarter we will show some older movies on the 2nd & 4th Friday afternoons. Movie titles will be available 1 - 2 weeks in advance of the movie. Due to the age of the movies, closed captions may not be available, but will be used whenever possible. Open to adults 55 & older and exceptions under the general participation policy.



## **MASSAGE THERAPY**

**Tuesday, January 17 - 9:30am - 4:00pm - by appointment only - Classroom B**

**Cost: \$30.00 for 30 minute massage**

See all the details on pg. 16.



## **SENIOR BOOK CLUB**

**Tues., January 17 - 2:30 - 3:30pm - Classroom A**

**RSVP by Jan. 10**

See at the details on page 16.

## **HEALTHY CIRCULATION & VEIN TREATMENT**

**Wednesday, January 18 - 1:00pm - MP Room B**

**Speaker: Sapan Desai, PhD, MD, Surgeon, Davie County Hospital**

**Cost: Free**

**RSVP by Jan. 11**

Learn more about treating and finding

solutions for spider and varicose vein issues. Open to adults of any age - no children please.

***Qualifies for Destination Fitness drawing.***

## **WII BRAIN GAMES**

**Thursday, January 19 - 1:00pm - MP Room A**

**Cost: Free**

**RSVP by Jan. 12**

Games for the Wii are not only fun, they can help boost your brain power as well. We will have some friendly competition as we introduce the newest addition to our Wii library - Big Brain Academy - Wii Degree. Teams will compete game show style in a total of 20 activities that challenge the brain. Sign up to compete, or just to watch. Open to adults 55 and older and exceptions under the general participation policy.



## **DESTINATION FITNESS TESTING**

**Monday, January 23 - 9:30 - 11:00am -**

**Exercise Room - By appointment only**

See all the details on pg. 18.

## **INTERGENERATIONAL MOVIE - "TANGLED"**

**Mon., January 23 - 2:00pm - MP Rooms A & B**

**RSVP by Jan. 13**

**MPLC license No: 12377840**

In this animated tale, Rapunzel is now a teenager and has been locked in a tower her whole life. When a bandit scales the tower and is taken captive by Rapunzel, she strikes a deal with the charming thief to act as her guide to discover the world for the first time. Featuring the voices of Mandy Moore, Zachary Levi and Donna Murphy, this film is rated PG for brief mild violence. Run time is approximately 1 hour and 40 minutes. This is an out of school day for Davie County, so you are welcome to bring your grandkids, great-grandkids, etc. All children must be accompanied by an adult. *In order to make our events more accessible, closed captioning will be used for all movies whenever available.*

## **THEATRE CLUB**

**Tues., January 24 - 1:00pm - Classroom B**

See all the details on pg. 17.

## JANUARY/FEBRUARY SPECIAL EVENTS - MOCKSVILLE SITE



### **SENIOR BIRTHDAY PARTY**

**Tuesday, January 24 - 2:00pm -**

**Multipurpose Rooms A & B**

**Cost: Free**

**RSVP by Jan. 17 (or when spaces fill)**

Once again we will have one big birthday party for all seniors. If you have a birthday, and we know you do, then come out for this party. We will have wonderful entertainment at the event, along with cake and ice cream. Open to adults 55 & older and exceptions under the general participation policy.

### **KNITTING/CROCHETING GROUP**

**Thurs., Jan. 26 - 1:00 - 3:00 - Classroom B**

See all the details on pg. 12.

### **ANDY GRIFFITH SHOW**

**Fri., January 27 - 10:30am - MP Room A**

**Episode: "Barney Gets His Man"**

**RSVP by Jan. 20**

See all the details on pg. 17.

### **FRIDAY AFTERNOON AT THE MOVIES - NEW!!**

**Friday, Jan. 27 - 2:00pm - MP Rooms A & B**

**RSVP by Jan. 20**

During the winter quarter we will show some older movies on the 2nd & 4th Friday afternoons. Movie titles will be available 1 - 2 weeks in advance of the movie. Due to the age of the movies, closed captions may not be available, but will be used whenever possible. Open to adults 55 & older and exceptions under the general participation policy.

### **BINGO**

**Tuesday, January 31 - 1:00pm - MP Room B**

**Cost: Free - Sponsored by Home Instead Senior Care**

**RSVP by Jan. 24**

Join us for some fun games of bingo and a chance to win prizes. Refreshments will be served. Open to adults 55 & older and exceptions under the general participation policy. *In order to make our events more accessible, Braille cards and display screen are available.*



### **THE WONDERFUL WORLD OF Wii**

• **Mondays, Wednesdays & Fridays in February - 5:00pm - 8:00pm**

• **Thursdays in February - 8am - 5pm**

Have you still not discovered the fun of Wii? Or maybe you have played but it has been awhile? All through the month of February we will have a special Wii promotion. Just stop by during the times listed above to play the Wii. For every time you play, you will be entered in a drawing for a \$20.00 Wal-Mart gift card. At the end of the month, we will pick a winner. This is just our way of saying thanks for playing!

### **SINGLE'S DINNER**

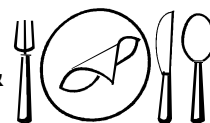
**Thursday, February 2 - 5:30pm**

**Cost: \$5.00 for transportation & Dinner on Your Own**

**RSVP by Jan. 26**

**Space limited to the first 24 - MUST SIGN UP IN PERSON , NOT BY PHONE**

This is a special event for all single adults 55 and older - whether never married, divorced, or widowed. We will meet at Senior Services at 5:30 and go to Olive Garden in Winston Salem for dinner. All participants will pay for their own meal. A pickup point in the Hillsdale area will be announced at a later date for those who are in that area. Open to single adults 55 and older.



### **TAX AIDE**

**Time: Fridays & Saturdays - Feb. 3 - March 2 - 9am - 1pm - 1st come, 1st served**

**Additional dates by appointment only:**

- **Friday, March 9 - 9:00am - 1:00pm**
- **Saturday, March 10 - 9:00am - 1:00pm**
- **Friday, March 16 - 9:00am - 1:00pm**
- **Saturday, March 17 - 9:00am - 1:00pm**
- **Friday, March 23 - 9:00am - 1:00pm**
- **Saturday, March 24 - 9:00am - 1:00pm**
- **Friday, March 30 - 9:00am - 1:00pm**
- **Saturday, March 31 - 9:00am - 1:00pm**
- **Monday, April 9 - 9:00am - 1:00pm**

**Location: Media Room**

**Cost: Free**

Trained and certified AARP tax counselors will be on hand to prepare 2011 tax returns. To facilitate the tax preparation process, you are asked to do

## FEBRUARY SPECIAL EVENTS - MOCKSVILLE SITE

the following before meeting with a tax counselor:

- Bring the 2010 tax return and supporting documents
- Have all documents needed to complete the 2011 return
- Open all envelopes containing 2011 documents, unfold the forms, and place them in a file folder or in a large envelope
- Make sure all out-of-pocket costs (if itemizing) have been totaled by categories for health insurance, doctor's visits, drugs, etc.
- Prepare a list of charitable donations and be sure you have received verification of your support from each agency

We are always looking for tax counselors to ensure the continuation of this program. If you know of anyone who may be interested, please contact Senior Services.



### **HANDBELLS**

**Friday, February 3 - 10:00am - MP Room B**

See all the details on pg. 17.

### **ASK THE DOCTOR**

**Mon., Feb. 6 - 10:45 - 11:15am - MP Room A**

**Speaker: Dr. George Kimberly**

See all the details on pg. 16.

### **FIVE WISHES SEMINAR**

**Monday, February 6 - 1:00pm - MP Room B**

**Cost: Free**

**Speaker: Representative from  
Tenderhearted Home Care**

**RSVP by: Jan. 30**

The discussion of living wills and end of life do not have to be complicated. Five Wishes lets your family and doctors know who you want to make your health care decisions for you when you can't make them, the kind of medical treatment you want or don't want, how comfortable you want to be, how you want people to treat you, and what you want your loved one to know. It is written in easy to understand, everyday language.

Tenderhearted HomeCare will explain the document to us. This seminar is open to adults of any age - no children please.

### **SENIOR FINANCIAL CARE**

**Tuesday, February 7 - 8:30am - 4:30pm - by appt. - Media Room**

**Counselors provided by Senior Financial Care of Winston Salem**

See all the details on page 20.



### **BLOOD PRESSURE SCREENINGS**

**Tues., February 7 - 10:45am - MP**

**Room A**

**Screener: Davie County Home Health representative**

See all the details on page 16.

### **MASSAGE THERAPY**

**Tuesday, February 7 - 1:00pm - 4:00pm - by appointment only - Classroom B**

**Cost: \$30.00 for 30 minute massage**

See all the details on pg. 16.

### **SINGING TELEGRAMS**

**Thursday, Friday & Monday -**

**February 9, 10 & 13 - by reservation**

**Cost: \$10.00 for two songs**

**Last day to reserve: Feb. 1**

Send your loved one a singing telegram for Valentine's Day. Call Senior Services to arrange a time for our chorus to go to the home or office of your sweetheart, friend or family member. You choose 2 songs from a list. Special requests will try to be accommodated. All money raised goes to Senior Services. Open to all ages.



### **KNITTING/CROCHETING GROUP**

**Thurs., February 9 - 1:00 - 3:00 - Classroom B**

See all the details on pg. 12.

### **DINNER & A MOVIE - "VALENTINE'S DAY"**

**Thursday, February 9 - 5:30pm**

**Cost: Free**

**RSVP by Feb. 2**

**MPLC license No: 12377840**

Enjoy a light dinner then stay for the movie, "Valentine's Day". This story follows more than a dozen Los Angeles singles on the most romantic day of the year - Feb. 14. Proposals, infidelity, loneliness and more are explored. Julia Roberts, Ashton Kutcher, Jamie Foxx, Jessica Alba,



## FEBRUARY SPECIAL EVENTS - MOCKSVILLE SITE

Jessica Biel, Jennifer Garner, Bradley Cooper and Patrick Dempsey lead a star-studded cast. It is rated PG-13 for some sexual material and brief partial nudity and runtime is approximately 2 hours and 5 minutes. It is open to adults 55 & older & exceptions under the general participation policy, but will be limited to the first 100 who sign up. *In order to make our events more accessible, closed captioning will be used for all movies when available.*

### **FRIDAY AFTERNOON AT THE MOVIES - NEW!!**

**Friday, February 10 - 2:00pm - MP Rooms A & B**

**RSVP by Feb. 3**

During the winter quarter we will show some older movies on the 2nd & 4th Friday afternoons. Movie titles will be available 1 - 2 weeks in advance of the movie. Due to the age of the movies, closed captions may not be available, but will be used whenever possible. Open to adults 55 & older and exceptions under the general participation policy.

### **SCRAPBOOKING**

**Tues., February 14 - 2:00pm - Classroom B**

**RSVP by Feb. 7**

See all the details on pg. 11.

### **VALENTINE'S DAY PARTY**

**Tuesday, February 14 -**

**2:00pm - MP Rooms A & B**

**Cost: Free**

**RSVP by Feb. 7 (or until spaces fill)**

Our annual Valentine's Day party will have great food, fun & favors. Entertainment will be piano music by Mike Hendricks. Open to adults 55 & older and exceptions under the general participation policy.



### **ALZHEIMER'S SUPPORT GROUP**

**Tues., February 14 - 6:30pm - Classroom B**

See all the details on pg. 20.

### **WHAT CAREGIVERS NEED TO KNOW ABOUT CARING FOR THEIR LOVED ONES**

**Friday, February 17 - 1:00pm - MP Room B**

**Cost: Free**

**Speaker: Dr. Jamehl Demons, Wake Forest University School of Medicine**

**RSVP by: Feb. 11**

Learn the information you need to know to take care of your loved ones. These seminars are open to adults of any age - no children please.

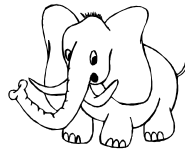
***Qualifies for Destination Fitness drawing.***

### **DESTINATION FITNESS TESTING**

**Monday, February 20 - 9:30 - 11:00am -**

**Exercise Room - By appointment only**

See all the details on pg. 18.



### **MONTHLY MOVIE - "WATER FOR ELEPHANTS"**

**Mon., February 20 - 2:00pm - MP Rooms A & B**

**RSVP by Feb. 14**

**MPLC license No: 12377840**

In this captivating Depression-era melodrama, veterinary student Jacob Jakowski joins a celebrated circus as an animal caretaker, but faces a dilemma when he falls for one of the married performers, Marlena. An affinity for elephants brings together the pair, but the warmth between them sends Marlena's cruel animal trainer husband into a frightening fury. Starring Robert Pattinson, Reese Witherspoon and Christoph Waltz, this movie is rated PG-13 for moments of intense violence and sexual content. Runtime is approximately 2 hours. It is open to adults 55 & older & exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for all movies when available.*

### **MASSAGE THERAPY**

**Tuesday, February 21 - 9:30am - 4:00pm - by appointment only - Classroom B**

**Cost: \$30.00 for 30 minute massage**

See all the details on pg. 16.

## FEBRUARY/MARCH SPECIAL EVENTS - MOCKSVILLE SITE

### **LADDER RIBBON NECKLACE CRAFT**

**Tues., February 21 - 1:00pm - MP Room B**

**Instructor: Ina Beavers**

**Cost: \$6.00**

**RSVP by Feb. 14**

**CLASS SIZE LIMITED TO 24**

Have you seen these beautiful necklaces? They look like intricate beaded necklaces but are actually crocheted and very lightweight. If you can do a simple crochet chain stitch, we can teach you how to make these necklaces. Just bring your own crochet hook (call for size). An example is on display at Senior Services. Open to adults 55 and older and exceptions under the general participation policy.

### **SENIOR BOOK CLUB**

**Tuesday, February 21 - 2:30 - 3:30pm - Classroom A**

**RSVP by Feb. 14**

See all the details on page 16.

### **KNITTING/CROCHETING GROUP**

**Thursday, February 23 - 1:00 - 3:00 - Classroom B**

See all the details on pg. 12.

### **TEA & BINGO**

**Thursday, February 23 - 1:00pm - MP Rooms A & B**

**Sponsor: Democratic Women of Davie Co.**

**RSVP by Feb. 16**

The Democratic Women of Davie County will present a Valentine's tea. Come enjoy fellowship, bingo, as well as a traditional tea with finger sandwiches. Prizes will be awarded to the winners. Open to adults 55 & older and exceptions under the general participation policy.

**\*\*This event is limited to 50 participants\*\***

### **ANDY GRIFFITH SHOW**

**Fri., February 24 - 10:30am - MP Room A**

**Episode: "The Guitar Player Returns"**

**RSVP by Feb. 17**

See all the details on pg. 17.



### **FRIDAY AFTERNOON AT THE MOVIES - NEW!!**

**Friday, February 24 - 2:00pm - MP Rooms A & B**

**RSVP by Feb. 17**

During the winter quarter we will show some older movies on the 2nd & 4th Friday afternoons. Movie titles will be available 1 - 2 weeks in advance of the movie. Due to the age of the movies, closed captions may not be available, but will be used whenever possible. Open to adults 55 & older and exceptions under the general participation policy.

### **THEATRE CLUB**

**Tues., February 28 - 1:00pm - Classroom B**

See all the details on pg. 17.

### **BLACK HISTORY MONTH CELEBRATION**

**Wednesday, February 29 - 10:30am -**

**Multipurpose Rooms A & B**

**Speaker: Dr. Jamie Grant**

**RSVP by Feb. 22 for lunch**

February is Black History Month & Senior Services is pleased to join once again with Graham Funeral Home to celebrate. This event is always filled with great music and an inspiring speaker. Lunch will be served at 11:30 am for those who wish to stay. You must reserve your meal by Feb. 22. Open to general public of all ages.

### **SENIOR TARHEEL PRIORITIES**

**Thursday, March 1 - 1:00pm - MP Room B**

**Speaker: Jack Koontz, Senior**

**Tarheel Delegate for Davie County**

**RSVP by: Feb. 23**

The Senior Tarheel Legislature was created to provide information to seniors on the legislative process and matters being considered by the NC General Assembly, promote citizen involvement and advocacy concerning aging issues before the NC General Assembly, and to assess the legislative needs of older citizens by convening a forum modeled after the NC General Assembly. Mr. Koontz will share with the group their top priorities for the upcoming year. Open to adults of all ages – no children, please.

## MARCH SPECIAL EVENTS - MOCKSVILLE SITE

### **HANDBELLS**

**Fri., March 2 - 10:00am - MP Room B**

See all the details on page 17.

### **ASK THE DOCTOR**

**Mon., March 5 - 10:45 - 11:15am - MP Room A**

**Speaker: Dr. George Kimberly**

See all the details on page 16.

### **SENIOR FINANCIAL CARE**

**Tuesday, March 6 - 8:30am - 4:30pm - by appt. - Media Room**

**Counselors provided by Senior Financial Care of Winston Salem**

See all the details on page 20.

### **BLOOD PRESSURE SCREENINGS**

**Tuesday, March 6 - 10:45am -**

**Multipurpose Room A**

**Screener: Davie County Home Health representative**

See all the details on page 16.

### **MASSAGE THERAPY**

**Tuesday, March 6 - 1:00pm - 4:00pm - by appointment only - Classroom B**

**Cost: \$30.00 for 30 minute massage**

See all the details on pg. 16.

### **HEALTHY FEET, HAPPY FEET**

**Thursday, March 8 - 1:00pm - MP Room B**

**Speaker: Christina Sigur, DPN, Wake Forest Baptist Orthopedics**

**RSVP by March 1**

Foot care is extremely important. Learn how to keep your feet happy & healthy at this informative seminar. Open to adults of all ages – no children, please.

***Qualifies for Destination Fitness drawing.***

### **KNITTING/CROCHETING GROUP**

**Thursday, March 8 - 1:00 - 3:00 - Classroom B**

See all the details on pg. 12.



### **DESTINATION FITNESS BREAKFAST**

**Fri., March 9 - 9:00am - MP Room B**

**Sponsor: Mocksville/Davie Parks & Rec.**

**Register no later than March 2**

**Logs due March 2 to Ina Beavers**

For our next destination we will “walk” 130 miles from Wake Forest, NC to New Bern, NC. Everyone who participates in the Destination Fitness testing or is interested in participating in the program is invited. For more details on this program, see page 18.

### **FRIDAY AFTERNOON AT THE MOVIES - NEW!!**

**Friday, March 9 - 2:00pm - MP Rooms A & B**

**RSVP by Feb. 17**

During the winter quarter we will show some older movies on the 2nd & 4th Friday afternoons. Movie titles will be available 1 - 2 weeks in advance of the movie. Due to the age of the movies, closed captions may not be available, but will be used whenever possible. Open to adults 55 & older and exceptions under the general participation policy.

### **VETERAN'S SOCIAL**

**Tuesday, March 13 - 10:30am - MP Room B**

**RSVP deadline: March 6**

Senior Services and the Veteran's Service Office host this event for veterans. Any veteran is invited to come out for a time of socialization and refreshments. This quarter there will be a short presentation by the new Veteran's Service Officer, David Speer. ***This is intended to be a time of reminiscing and socialization for veterans, therefore it is limited to veterans only, no guests.***

### **SCRAPBOOKING**

**Tuesday, March 13 - 2:00pm - Classroom B**

**RSVP by March 6**

See all the details on pg. 11.

### **ALZHEIMER'S SUPPORT GROUP**

**Tuesday, March 13 - 6:30pm - Classroom B**

This month's group will feature a special seminar by Ombudsman Vickie Turner. Find out what an ombudsman is, and what they can do for you. It is open to caregivers or any interested person.



## MARCH SPECIAL EVENTS - MOCKSVILLE SITE



### **WELCOME TO MEDICARE LUNCHEON**

**Welcome! Wednesday, March 14 - 10am - 12pm - Multipurpose Room B**

**Speaker: Kim Shuskey, Senior Services Director and various SHIP counselors**

**Cost: Free**

**RSVP by March 7**

If you will be eligible for Medicare soon, learn about the many options available so you can make the choices that are right for you. This program will explore the basics of Medicare, including Parts A & B, supplements, prescription drug plans, Advantage plans, as well as assistance programs to help pay for some of Medicare-related costs. This program is open to anyone who will soon be on Medicare. A light lunch will be served following the program.

### **ST. PATRICK'S DAY DANCE**

**Friday, March 16 - 6:00pm - MP Rooms A & B**

**Cost: Free**

**RSVP by March 9**

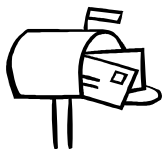
This dance will feature music by Larry Pope, who is always a favorite. Heavy hors d'oeuvres will be served. Open to adults 55 and older and exceptions under the general participation policy.



### **DESTINATION FITNESS TESTING**

**Monday, March 19 - 9:30 - 11:00am - Exercise Room - By appointment only**

See all the details on pg. 18.



### **MONTHLY MOVIE - "LETTERS TO GOD"**

**Mon., March 19 - 2:00pm - MP Rooms A & B**

**Cost - Free**

**RSVP by March 12**

**MPLC license No: 12377840**

A young boy fighting cancer writes letters to God, touching lives in his neighborhood and community and inspiring hope among everyone he comes in contact. An unsuspecting postman, with a troubled life of his own,

becomes entangled in the boy's journey and his family by reading the letters. This movie is rated PG for thematic material. It stars Tanner Maguire, Jeffrey Johnson and Robyn Lively and runs approximately 1 hour and 50 minutes. It is open to adults 55 & older and exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for all movies when available.*

### **MASSAGE THERAPY**

**Tues., March 20 - 9:30am - 4:00pm - by appointment only - Classroom B**

See all the details on pg. 16.



### **ASK THE DIETICIAN**

**Tuesday, March 20 - 10:45am - MP Room A**

**Speaker: Cathy Manson, Davie Co. Health Dept.**

**RSVP by: March 13**

Get the answers to your nutritional questions from the expert. Also learn about the Diabetes Program offered through the Health Dept. Open to adults of any age, no children, please.

### **SENIOR BOOK CLUB**

**Tues., March 20 - 2:30 - 3:30pm - Classroom A**

**RSVP by March 13**

See at the details on page 16.

### **KNITTING/CROCHETING GROUP**

**Thursday, March 22 - 1:00 - 3:00 - Classroom B**

See all the details on pg. 12.

### **ANDY GRIFFITH SHOW**

**Fri., March 23 - 10:30am - MP Room A**

**Episode: "Bringing Up Opie"**

**RSVP by March 16**

See all the details on pg. 17.

### **FRIDAY AFTERNOON AT THE MOVIES - NEW!!**

**Friday, March 23 - 2:00pm - MP Rooms A & B**

**RSVP by Feb. 17**

During the winter quarter we will show some older movies on the 2nd & 4th Friday

## MARCH SPECIAL EVENTS - MOCKSVILLE SITE

afternoons. Movie titles will be available 1 - 2 weeks in advance of the movie. Due to the age of the movies, closed captions may not be available, but will be used whenever possible. Open to adults 55 & older and exceptions under the general participation policy.



### **HEARING SCREENINGS & CAP**

#### **TEL NC SEMINAR**

**Monday, March 26 - 1:00pm - MP Room B**

**Speaker: Kim Calabretta**

**Screener: Harmony Miller, Beltone**

**RSVP by March 19**

If you or a loved one has hearing problems, come learn more about telephone equipment that is available so that you can read what is being spoken on the phone. Those with hearing loss and limited income may qualify to receive this device at no charge. After the seminar, hearing screenings will be conducted for those who wish to have them. Open to adults 55 & older and exceptions under the general participation policy.

### **THEATRE CLUB**

**Tuesday, March 27 - 1:00pm - Classroom B**

See all the details on pg. 17.

### **TEENS TODAY: ISSUES FACING YOUR ADOLESCENT GRANDCHILDREN**

**Thursday, March 29 - 1:00pm - MP Room B**

**Speaker: Rob Taylor, Asst. District Attorney**

**RSVP by March 22**

Teenagers today are facing all kinds of challenges that we may have never even heard of - sexting, cyberbullying - and some that seem to only get worse - dating violence, drugs and bullying. Do not miss this seminar if you have teenagers or near teenagers in your life. ADA Rob Taylor will bring us all the information we need to know to help keep the teens we love safe. This seminar is open to adults of all ages, no children, please.

## Upcoming Events

### **SILVERARTS/SENIOR GAMES**

Be sure to enter SilverArts & Senior Games this year. SilverArts provides a stage for the creative talents of visual, heritage, literary and performing artists. Categories include knitting, crocheting, painting, quilting, woodworking, pottery, photography, all types of performing arts, poems, short stories, and much more. Senior Games offers competitive and non-competitive sports events for seniors 55 and older. Various games offered include horseshoes, basketball, bocce, tennis, golf, bowling, ping pong, etc. SilverArts & Senior Games are co-sponsored by Davie Co. Senior Services & Mocksville Davie Parks & Rec.

***Please note that all SilverArts entries must be the original work of the artist, and all pieces must have been completed within two years of the date of entry.***

### IN CASE OF BAD WEATHER



The weather can be unpredictable during the upcoming months. Our main concern is for the safety of our participants and staff.

Please note the following guidelines:

#### Lunch schedule:

If Davie County schools are delayed up to 2 hours we are open for lunch and will serve homebound meals provided our caterer can get the food to us. If Davie County schools are closed, we will not serve lunch or homebound meals. If meals are not served our Farmington site will not open.

#### Programs and daily activities at the Mocksville site:

In the event of inclement weather there will be limited programming at Senior Services. Typically we will close during evening and weekend hours if the weather is bad. Please call ahead to determine if the activity you would like to participate in is cancelled.

# ONGOING ACTIVITIES - MOCKSVILLE SITE

## Special Thanks!

In September, 2011 Davie County Senior Services celebrated Senior Center Month with a month-long fundraising effort.

We appreciate all the community support of the effort, which was very successful. Thanks also to the many volunteers who made the events possible.

The money raised will help ensure programs and services will continue to help those who need it and will help purchase needed equipment. We especially would like to thank the following businesses for their support as sponsors of Senior Center Month:

### **Presenting Sponsor:**

Wake Forest Baptist Health

### **Platinum Sponsor:**

Medical Associates of Davie

### **Gold Sponsor:**

Bayada Nurses

### **Silver Sponsors:**

Davie County Enterprise Record

Senior Services' Advisory Council

Speer Auction

Webb Heating & A/C Co., Inc.

Woodmen of the World Family Lodge 323

### **Bronze Sponsors:**

Barnette Heating & Air

BB&T

Christy Trucking

Comfort Bilt

Edward Jones/Brenda Battle

We would also like to thank the following restaurants for their generous donation of food & staff for our Taste of the Town:

**DEANO'S BARBECUE**

**EAST COAST WINGS**

**KETCHIE CREEK BAKERY**

**MARCO'S PIZZA**

**PERK-A-LATTE**

**SANDY'S SMOOTHIE SHACK**

**SUBWAY**

**THE FEED BAG RESTAURANT**

**ZEKO'S**



## Arts & Crafts

### **QUILTING**

**Each Monday - 10:00am - 12:00pm**

**- Classrooms A & B**

Join this talented group who loves to quilt. Bring your supplies and work with, and learn from, other quilters. No instruction is provided. This is an intergenerational program.

### **DAVIE CO. QUILT GUILD**

**3rd Monday of each month at 6:30pm**

**- (Jan. 16, Feb. 20, March 19)**

**- Multipurpose Rooms A & B**

**President: Imogene Stroud**

**Membership Dues: \$20.00 year**

Monthly meetings may include show & tell, demonstrations, guest speakers, or work sessions. Senior Services is a co-sponsor of this group. For detailed information, please call the group leader (call for number).

### **ART - STILL LIFE & LANDSCAPES**

**Mondays - 9:00am - 12:00noon**

**- Multipurpose Room B**

**Instructor: Annette Ratledge**

**Cost: Furnish your supplies**

Classes will run each Monday, and students can start at any time. Annette will work one on one to get students started. **Beginners need to come to the first class before buying supplies.** Open to adults 55 & older.

### **SCRAPBOOKING**

**2nd Tuesday of each month - 2:00pm**

**- Classroom B - (January 10, February 14, March 13)**

**Group Leader: Barbara Thornton**

**Cost: Free**

Bring your supplies & your current projects & "scrap" with friends. Barbara & other participants can help with ideas and techniques if needed. Special programs and field trips are sometimes held. This is an intergenerational program.

## ONGOING ACTIVITIES - MOCKSVILLE SITE

### **WOODCARVING**

**Wednesdays - 9am - 11am - Classroom A**

**Facilitator - Tim Trudgeon**

**Cost: Free**

Expert woodcarver Tim Trudgeon will be here each Wednesday. Anyone with an interest in carving is invited to get together with him at that time. All levels are welcome - beginner to advanced. You may come as often as you wish, but please call before attending your first session. Open to adults of any age.

### **TATTING**

**Wednesdays - 1:00 - 3:00pm - Classroom B**

**Cost - Free**

Join this group who loves to tat. Bring your supplies and work with, and learn from, other tatters. This includes shuttle tatting and needle tatting. No formal instruction is provided.

### **KNITTING/CROCHETING GROUP**

**2nd & 4th Thursdays of each month - 1:00pm - 3:00pm - Classroom B**

All knitters and crocheters are invited to join this group. Twice a month they will get together to make afghans for service organizations in Davie County. If you do not knit or crochet, you may help the group join squares together. Donations of yarn are also appreciated.



## **Computer Lab & Classes**

Ten computers are available during normal operating hours when there is not a meeting or class in progress. Users must be 55 or older and sign a user form. Call ahead to make sure the lab is available or just drop in to take advantage of this room.

### **UPCOMING COMPUTER CLASSES:**

**Instructor: Jackie Allen**

**Cost: Free**

**Register by: No later than 1 week prior to 1st day of class (Note - classes fill quickly, so you may want to register early)**

**Class Size: Limited to 10 students**

### **COMPUTER BASICS**

This class is for those of you who have never used a computer before. You'll learn the basics such as how to turn it on & off, how to use the mouse & the keyboard, etc. *This class is 3 days.*

**Computer Basics Upcoming Session:**

- February 20, 21, & 22 (Mon., Tues., & Wed.) - 4:00pm - 6:00pm - Media Room

### **BEGINNING COMPUTERS**

This class is suitable for those who have very little knowledge of computers, but do know how to use the mouse/keyboard. We will discuss the parts of the computer and what to look at when purchasing a computer. Also we will spend time on the Internet, making sure you know how to go directly to a web site. We will also become familiar with the layout of Microsoft Word. *This is a 4 day class and is intended for those with mouse/keyboard skills.*

**Upcoming Session:**

- March 20, 22, 27 & 29 (Tues., Thurs., Tues., Thurs.) - 5:00pm - 8:00pm - Media Room

### **INTERNET LEVEL 1**

Topics that will be covered pick up from the Beginning Computers class. We will go into more detail on how to use a search engine, what the Internet is and how to safely download files. *This class is 3 days. Beginning Computers is recommended prior to beginning this class.*

**Upcoming Sessions:**

- January 26, 30 & 31 (Thurs., Mon. & Tues.) - 4:00pm - 6:00pm - Media Room
- February 27, 28 & 29 (Mon., Tues., & Wed.) - 6:00pm - 8:00pm - Media Room

### **WORD LEVEL 2 REFRESHER COURSE**

This is a one day course that gives you a refresher in some areas that you may not use frequently. We will be reviewing how to use graphics in documents in particular. *This class is 1 day. Word Levels 1 & 2 is required before taking this course.*

**Upcoming Sessions:**

- February 10 (Friday) - 3:00pm - 5:00pm
- February 16 (Thursday) - 6:00pm - 8:00pm

## ONGOING ACTIVITIES - MOCKSVILLE SITE

### **ENVELOPES & LABELS LEVEL 1**

Learn to print envelopes and labels the easy way. Your addresses are saved in Microsoft Excel & we merge them into Microsoft Word so you can print directly on the envelope or on labels. We are using Microsoft Excel & Word 2007. *This class is 1 day and is intended for students who have a basic understanding of Microsoft Word & Microsoft Excel. Mouse & Keyboard skills required.*

#### **Upcoming Sessions:**

- March 1 (Thurs.) - 6pm - 8pm - Media Room
- March 12 (Mon.) - 3pm - 5pm - Media Room

### **PRINTING INVITATIONS**

You will learn to use blank invitations to create beautiful invitations for baby showers, birthdays, or any type of celebration. *This class is 1 day and is intended for students who have a good understanding of Microsoft Word. Word Levels 1, 2 & 3 are recommended prior to taking this class.*

#### **Upcoming Session:**

- March 13 (Tues.) - 3pm - 5pm - Media Room



## *Drop In Activities*

**Senior Services invites you to drop by anytime to take advantage of the following:**

- |                |                   |
|----------------|-------------------|
| * Board Games  | * Music           |
| * Books        | * Newspapers      |
| * Cards        | * Ping Pong Table |
| * Checkers     | * Puzzles         |
| * Chess        | * Scales          |
| * Computer Lab | * Shredder        |
| * Fitness Room | * Videos          |
| * Magazines    | * Wii             |

Items are available as long as an activity is not occurring in the room they are located in. For any questions concerning availability of drop in items, please call ahead.

## **Exercise**



### **SILVERHEALTH**

**Mondays, Wednesdays & Fridays - 8:30 - 9:00am - Exercise Room**

**Instructor: Ina Beavers, Program & Outreach Coordinator**

**Cost: Free**

If you are looking for a beginner class, this is for you. This class works with hand weights and resistance bands and focuses on toning - especially those important core muscles. Stay for the Morning Wake Up Program if you desire a more intense workout or leave at 9:00 if you prefer a shorter program. Open to adults 55 & older and exceptions under the general participation policy.

### **MORNING WAKE UP PROGRAM**

**Mondays, Wednesdays & Fridays - 9:00 - 9:30am - Exercise Room**

**Instructor: Ina Beavers, Program & Outreach Coordinator**

This class is a continuation of the SilverHealth program. Come at 8:30 for stretching and toning and stay for this class for 30 minutes of cardio movement. This class builds upon SilverHealth & is designed to be done together with SilverHealth. Open to adults 55 & older and exceptions under the general participation policy.

### **YOGA FOR SENIORS**

**Mondays & Wednesdays - January 4 - March 28 - Exercise Room**

**Instructor: Kim Crawford**

**3 CLASSES TO CHOOSE FROM:**

**1:00 - 2:00pm**

**2:00 - 3:00pm**

**3:00 - 4:00pm**

**Cost: Free (Donations to Senior Services are appreciated)**

**Limited to first 12 per session who register**

Yoga is a gentle form of exercise that helps improve flexibility and relieve stress. This class is designed specifically for seniors. Open to adults 55 & older. **Registration for all sessions begins December 16 at 8:00am. You may only sign up for 1 yoga session per quarter.**

## ONGOING ACTIVITIES - MOCKSVILLE SITE

### YOGA FOR SENIORS

**Wednesdays & Fridays - January 4 - March 30 - 10:00am - 11:00am - Exercise Room**

**Instructor: Valerie Slogick**

**Cost: Free (Donations to Senior Services are appreciated)**

**Limit to the first 12 who register**

Yoga is a gentle form of exercise that helps improve flexibility and relieve stress. This class is designed specifically for seniors. Open to adults 55 & older. **Registration for this session begins December 16 at 8:00am. You may only sign up for 1 yoga session per quarter.**



### TAI CHI

**Tuesdays - 10:00 - 11:00am - Exercise Room**

**Session Dates: January 10 - March 13**

**Instructor: Mike DePeuw, Beach 'n' Tans**

**Cost: Free (donations to Senior Services are appreciated)**

**RSVP deadline Jan. 5 (or when filled - limited to 15)**

This class is wonderful for seniors. It helps improve balance, lower blood pressure & can help those with arthritis. These slow, gentle motions are easy to learn for all fitness levels. Open to adults 55 & older. Classes build upon one another and therefore students cannot join more than two weeks into the 10 week session.

### DANCE PARTY AEROBICS

**Tuesdays & Thursdays - 5:30 - 6:30pm**

**Instructor: Lorri Carlton**

**Cost: Free (donations to Senior Services are appreciated)**

This class is designed to get you up and moving! These moves are inspired by Latin dance steps and will help you have fun while increasing your heart rate and burning calories. Please call ahead before you come to your first class. Open to adults 55 & older and exceptions under the general participation policy.

### ARTHRITIC EXERCISE

**Every other Wednesday - 10:45 - 11:15am - Multipurpose Room A**

**Instructor: Nancy Luckey**

This class focuses specifically on adults with arthritis, working mainly on flexibility. Other beginner exercisers may also benefit. Open to adults 55 & older and exceptions under the general participation policy.

### LOW IMPACT AEROBICS

**Wednesdays & Fridays - 11:00am - 12:00 noon - Exercise Room**

**Instructor: Lorri Carlton**

**Cost: Free (donations to Senior Services are appreciated)**

This is a low impact, low intensity aerobics workout that uses simple patterns. Classes include basic strength exercises, abdominal strengthening and ends with a stretching session. Class is ideal for beginners or active older adults, but can be modified for all levels. Please call ahead before you come to your first class. Open to adults 55 & older and exceptions under the general participation policy.



### BOWLING LEAGUE

**Mondays - 8:30am - depart from**

**Rec. Dept.**

**Cost: \$6.00 per session (3 games)**

Our bowlers will be starting another session soon. Regular bowlers & substitutes are welcomed.

### WALKING

**Weekdays - 6:30 - 9:00am - Parks & Rec.**

The gym at Parks & Rec. is open each weekday morning for seniors to walk. Don't forget to record your mileage & sign up for our Destination Fitness program to earn great incentives. For more info. on walking availability call Parks & Rec. at 751-2325.

# ONGOING ACTIVITIES - MOCKSVILLE SITE

## FITNESS ROOM

**Mon - Thurs - 8:00am - 8:00pm**

**Fri - 8:00am - 5:00pm**

**Sat. - 9:00am - 1:00pm**

**Cost: Free (donations are appreciated)**

Our fitness room is stocked with great fitness machines that can be used by adults 55 and older at no charge. Equipment is available on a first come first serve basis. Training is required prior to the first time using equipment. Each 15 minutes of exercise counts toward 1 mile in the Destination Fitness program. **Please call for an appointment for training.**



## Games

### Wii GAMES

**Time: Drop In Whenever Room is Available Exercise Classroom**

In these sports video games you actually do the moves - swing the tennis racket, the baseball bat, the golf club, etc. If you need help, simply make an appointment with a staff member & they can give you a short orientation session.

Wii is available on a drop in basis whenever the room is not being used for classes. Call if you have a question regarding availability.

Available games include:

- \* Golf
- \* Fishing
- \* Tennis
- \* Shooting Range
- \* Boxing
- \* Billiards
- \* Baseball
- \* Many, many more
- \* Ping Pong

### PING PONG

Our ping pong table is available on a drop in basis whenever the room is available. Call ahead if you have a question regarding availability.

### SCRABBLE

**Mondays - 1:00pm - Classroom B**

Strengthen your vocabulary & have fun with this classic game. Any number can play. Open to adults 55 & older and exceptions under the general participation policy.

## SKIPBO

**Every Wednesday - 1:00pm - Classroom A**

If you can count to 12, you can play this fun game. Beginners are welcome and any number can play. Open to adults 55 & older and exceptions under the general participation policy.

## DUPLICATE BRIDGE

**Wednesdays - 2:00 - 5:30pm -**

**Multipurpose Room A**

Bring a partner and join this group for duplicate bridge. Open to adults 55 & older & exceptions under the general participation policy. Alternates may be under age 55.

## TEXAS HOLD EM

**Thursdays - 1:00pm - Classroom A**

This is the poker game that is sweeping the nation. This game is for fun only - NO REAL BETTING ALLOWED. Any number can play & beginners are welcome. Open to adults 55 & older & exceptions under the general participation policy.

## BRIDGE

**Fridays - 2pm - Classroom A**

Bring some friends to play this timeless game. A foursome is required. If you are interested in playing but need to be placed with a group, please call Beth Haire at Senior Services. Open to adults 55 & older and exceptions under the general participation policy. Alternates may be under age 55.



## Health & Wellness

### DESTINATION FITNESS TESTING

**3rd Monday of each month - 9:30 - 11:00am**  
**- Exercise Room - By appointment only**  
**-(January 23 - note change in date, Feb. 20, March 19)**

**Tester: YMCA or Sr. Services rep.**

If you want to participate in the Destination Fitness Program, you need to participate in this testing. Please call for appointment.

## ONGOING ACTIVITIES - MOCKSVILLE SITE

### **ASK THE DOCTOR**

**1st Monday of each month - 10:45 am - MP Room A (Jan. 9 - note change of date, Feb. 6, March 5)**

**Cost - Free**

Dr. Kimberly is here the first Monday of each month to answer your questions. Although this is no substitute for a doctor's visit, it is a great opportunity to ask about those issues that have been on your mind. You'll also benefit from hearing other questions asked & answered as well. Open to adults 55 & older and exceptions under the general participation policy.

### **BLOOD PRESSURE SCREENINGS**

**1st Tuesday of each month - 10:45am - MP Room A - (Jan. 3, Feb. 7, March 6)**

**Tester: Davie County Home Health representative**

**Cost: Free**

A trained professional will take your blood pressure at no charge.

### **PODIATRIST VISITS**

**THURSDAYS - EVERY 3 WEEKS - Call for current dates**

**8:30 - 10:00am - Classroom B**

**Cost: Usually Private Pay**

Dr. Grady Dunn, podiatrist in Forsyth Co. brings his services to Senior Services every 3 weeks. Call Senior Services for current dates. Call Dr. Dunn's office directly at 768-9180 for more information on services and charges.

### **MASSAGE THERAPY**

**1st Tuesday of each month - 1:00 - 4:00pm**

**3rd Tuesday of each month - 9:30am -**

**4:00pm - by appointment only -**

**Classroom B - Jan. 3 & 17, Feb. 7 & 21, March 6 & 20**

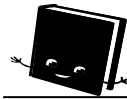
**Massage Therapist : Tammy Hauser, owner of In Touch Therapeutic Massage**

**License #5815**

**Cost: \$30.00 for 30 minute massage**

Massage is a wonderful way to relax & it provides health benefits as well. Ms. Hauser will be here twice a month to offer massages customized to the client. Payment will be made

at time of visit & will be collected by Ms. Hauser. After 2 missed visits, you will no longer be allowed to make appointments. Clients must be 55 or older. If appointments remain open the day before her visit, those under 55 may fill those slots. Massages will be offered on a table or in a chair. Let us know which you prefer.



## *Literary Arts*

### **SENIOR BOOK CLUB**

**3rd Tuesday of each month - 2:30 - 3:30pm - Classroom B**

**Jan. 17 - "Broken For You" by Stephanie Kallos**

**Feb. 21 - "Marriage Bureau for Rich People" by Farahad Karna**

**March 20 - "Plainsong" by Kent Hanuf**

**Leader: Genny Hinkle - Davie Co. Library**

At each meeting you will discuss the book that was read the month before & receive the new book to read. Books are provided at no charge. You must turn in your book on or before the meeting date so we can continue to get the books at no charge. Co-sponsored with Davie Co. Public Library. Open to adults 55 & older and exceptions under the general participation policy.

### **LIBRARY**

We accept donations of recently published books in good condition. These may be checked out at the front desk. Because of space constraints, please limit donations to recent publications (within the past 5 years). Hardbacks are preferred. We will donate any books we cannot use to another organization.



## **Lunch**

**Mondays - Wednesdays - 11:30am**

**Thursdays & Fridays - 11:00am - MP Room A**

**Staff Contact: Nancy Luckey, Nutrition Program Coordinator**

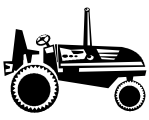
**Cost: Free, donations appreciated**



## ONGOING ACTIVITIES - MOCKSVILLE SITE

Each weekday Senior Services serves a nutritionally balanced lunch to seniors. Those 60 and older who wish to fill out paperwork can eat at no charge. Those who are under 60 or do not wish to fill out paperwork pay \$4.76. A program is offered each day at 10:45am before lunch. You must call by noon the day before you plan to eat to order a meal.

### *Special Interest*



#### **PIEDMONT POWER ASSOCIATION**

**1st Mon. of each month - 7:00pm - Multipurpose Room B**

**(Jan. 2, Feb. 6, March 5)**

**President: Arthur Bostick**

**Annual Dues: \$20.00**

This group loves old tractors. If you do too, why not join them. Monthly meetings include dinner and a program. Senior Services is a co-sponsor of this group. For specific information please call the group leader (call for number).

#### **SENIOR SERVICES ADVISORY COUNCIL**

**4th Tuesday of every other month - 3:00pm -**

**Media Room (Jan. 24, March 27)**

**Staff Contact: Kim Shuskey, Director**

This is a volunteer group appointed by Davie Co. Commissioners to help Senior Services plan, set goals and fundraise. If you are interested in serving, please contact Kim Shuskey. Meetings are open to the public.



### *Stage, Screen & Music*

#### **DAVIE COUNTY SINGING SENIORS**

**Each Thursday - 10:00am - Multipurpose Room B (Jan. - June/Sept. - Dec.)**

**Chorus Director: Marie Roth**

**Annual Dues: \$10.00**

If you love to sing, why not join this fun group? The chorus practices each week and performs at churches, civic clubs, nursing homes & community events. Open to adults 55 & older.

#### **HANDBELLS**

**1st Friday each month - 10:00am -**

**MP Room B (Jan. 6, Feb. 3, March 2)**

**Staff Contact: Kim Shuskey, Director**

Join this group who have fun learning an easy version of handbells that combines bell ringing with full background music. No prior music experience is necessary to participate. Please call before you come the first time. Open to adults 55 & older and exceptions under the general participation policy.

#### **THEATRE CLUB**

**4th Tues. each month - 1pm - Classroom B**

**(Jan. 24, Feb. 28, March 27)**

**Staff Contact: Barbara Thornton, Senior Center Aide**

This group meets once a month to discuss various theatrical options in the area and to choose different plays and performances to attend as a group. Each person pays for their ticket. Open to adults 55 & older and exceptions under the general participation policy.

#### **ANDY GRIFFITH SHOW**

**4th Friday of each month - 10:30am -**

**Multipurpose Room A**

**(Jan. 27, Feb. 24, March 23)**

**Cost: Free**

We've all enjoyed the Andy Griffith Show for years. Come join your friends as we show an episode from the show each month. Open to adults 55 & older and exceptions under the general participation policy.



## OTHER ONGOING PROGRAMS & SERVICES



### Destination Fitness!

This joint effort between Senior Services, Parks & Rec., Davie Family YMCA & the Davie Co. Hospital rewards exercise. Each quarter there is a destination that you strive to reach. You keep track of the number of miles you walk & the number of approved exercise classes in which you participate. At the end of each quarter all participants are invited to a breakfast and those who have met their miles will receive a special prize. To participate, you need to fill out a participation form & complete a pre-program evaluation which will consist of a short survey & a few measurements. Follow up tests will be conducted every 6 months to help you see how your exercise program is benefiting you. In addition to the exercise programs, educational seminars will be offered & each quarter participants will receive a chance for a special prize based on attendance at these seminars. For complete information and forms, contact a staff member. **Testing dates will be the 3rd Mon. of each month at the Mocksville Site from 9:30 - 11:00am.**



### Financial Support

Davie County Senior Services is committed to bringing quality programs & services to older adults in our county, many at no charge. To do this, donations are needed and appreciated. Individuals & organizations can contribute to the following areas:

- **General Support** - for the general operating expenses of Senior Services
  - **Homebound Meals (Meals on Wheels)** - to provide meals to a senior who cannot cook for themselves and cannot come to the lunch program at the center
  - **Endowment Fund** - to provide permanent financial support for programs & services
- There are also many options available to give to Senior Services through your will. Please contact us for more information about planned giving. **Donations are tax deductible.**

## Services



**STAFF CONTACT FOR ALL SERVICES IS KELLY SLOAN, COMMUNITY RESOURCE SPECIALIST, UNLESS INDICATED OTHERWISE.**

### **BUDDY PROGRAM**

**Staff Contact:** Mitzi Hunter, Morning Receptionist

**Cost:** Free

If you are new to Senior Services and are unsure of attending your first event alone, this program is for you. We match volunteers with participants who are new to Senior Services. They meet newcomers here at their first event, sit with them, introduce them to other people and help them "learn the ropes". To request a buddy for a special event, please let us know when you sign up for the event.

### **CAREGIVING CLASSES & RESOURCE CENTER**

**Cost:** Free

Our Resource Specialist can meet with you individually or as a group to provide training to help you become a better caregiver. Various topics are available. In addition, materials of interest to caregivers - videos, books, pamphlets - are available to check out at the Mocksville site of Senior Services. Open to any age.

### **CAREGIVER SUPPORT PROGRAM**

**Cost:** Free, donations appreciated

This program can provide a trained worker to stay with your loved one while you get a break to run errands, go to a movie - whatever you need to do. We can also provide free nutritional supplements such as Boost or Ensure and incontinence supplies such as Depends. To qualify you must be providing care to someone 60 or older in Davie County who needs assistance with certain activities of daily living and/or have Alzheimer's regardless of age. Call for appointment for an assessment. Home visits can be arranged.

## OTHER ONGOING PROGRAMS & SERVICES

### **ENSURE PROGRAM**

**Cost: Free, donations appreciated**

This program provides free nutritional supplements such as Ensure to seniors whose doctors prescribe supplementation. Qualifying seniors must be an existing nutrition client or 60 or older and unable to tolerate solid foods. Call for appointment for an assessment. Home visits can be arranged.

### **FIDGET APRONS**

**Cost: Free**

These aprons provide those with Alzheimer's or other forms of dementia something to keep their hands busy, which can help reduce agitation and wandering. They are made by volunteers and are provided free of charge to anyone who can use one.

### **FRIENDLY VISITOR**

**Cost: Free**

This program matches up volunteers who agree to visit socially isolated seniors on a regular basis. One hour visits every other week with a phone call the week in between are required of the program. More visits are encouraged.

### **HANDMADE PERSONAL ITEMS**

**Cost: Free, donations appreciated**

Senior Services has access to handmade items for those in wheelchairs and walkers. Items include pillows, walker aprons and lap blankets. If you or someone you know can benefit from these items, please call our Resource Specialist.

### **HOMEBOUND MEALS**

**Cost: Free, donations appreciated**

Homebound meals provides a nutritionally balanced meal to homebound seniors 5 days a week. For those who can benefit, frozen weekend meals are also available. To qualify, one must be 60 or older & unable to cook for him/herself. The person must also be homebound, meaning that it is very difficult for him/her to leave the home due to a physical or mental impairment. Call for an appointment for an assessment.



### **INFORMATION & ASSISTANCE**

Our Resource Specialist can answer questions and assist seniors, family members and caregivers of any age in obtaining a wide variety of information and services for seniors. All assistance is confidential. Call for an appointment for assistance. Home visits can be arranged.

### **JOB MATCH**

**Staff Contact: Barbara Thornton, Senior Center Aide**

If you are a senior interested in work, fill out a JobMatch application. When we receive a call from someone who needs that type of work, we will give them your information. Senior Services only provides potential employers with names, no references, recommendations or hiring decisions are made by us. Pay rate is between the employer & employee.

### **LEARN TO READ**

**Cost: Free**

A retired school teacher has volunteered to teach those 55 and older to read at Senior Services. If you are interested in this service please call Senior Services for all the details. Instruction will be provided one on one. You must be 55 or older to qualify.

### **LEGAL AIDE**

**Cost: Free, donations appreciated**

This program provides limited legal assistance to low income seniors aged 60 & older. For those who cannot afford it, we will pay attorney fees for such things as a will, power of attorney, health care power of attorney and a living will. You must make an appointment with us prior to seeing the attorney. We can not pay bills that you have already received. Call for an appointment.

### **NOTARY SERVICE**

**Staff Contact: Beth Haire, Adm. Assistant or Ina Beavers, Prog. & Outreach Coordinator**

**Cost: Free**

**Time: By appointment only**

We will provide free notary services to those 55

## OTHER ONGOING PROGRAMS & SERVICES

and older. As written in the notary rules, the notary can refuse to notarize any document at her discretion. Car titles will not be notarized.

### **REVERSE MORTGAGE COUNSELING**

**Time: By appointment only**

See information under Senior Financial Care.

### **SENIOR FINANCIAL CARE**

**1st Tuesday of each month - 8:30am - 4:30pm - Media Room**

**Cost: \$10 for first visit - Subsequent visits based on a sliding scale (Fees may be waived if unable to pay)**

Senior Financial Care is a program of Consumer Credit Counseling Service of Forsyth County. They provide personal budgeting & monthly expense management, credit and debt repayment counseling, reverse mortgage counseling, and fraud awareness and prevention counseling. For more information you may call them directly at 336-896-1328.

### **SHIIP - (Seniors' Health Insurance Information Program)**

**Staff Contact: Tracy O'Neal, SHIIP Coordinator**

**Cost: Free**

**Time: Wednesday afternoons by appointment (other times can be arranged if necessary)**

Volunteers trained through the NC Dept. of Insurance can help answer questions about Medicare, Medicare supplements and Medicare's Prescription Drug Program. Available to any age person on Medicare.

### **SHREDDER**

**(Available at Mocksville Site)**

Don't throw documents containing personal information in the trash & risk having someone steal your identity. Instead bring your items here where we can shred them for you. Please remove all staples, paperclips, etc. & bring only loose paper, not bound items.



### **VIAL OF LIFE**

**Cost: Free**

This program allows you to record your medical history and medications on a form which is placed in a bottle in your refrigerator. A sticker on your door alerts EMS that this information is there in case they respond to your home in an emergency. Co-sponsored with Davie Co. Healthy Carolinians. Available to all ages.

### **VIDEO EYE**

**(Available at Mocksville Site)**

The Video Eye is a low vision reading machine that uses a camera to magnify text and objects onto a computer monitor for easier viewing. This machine can help with reading, writing and hobbies like needlework and crossword puzzles. The machine is available anytime there is a free room.



## Support Groups

### **ALZHEIMER'S SUPPORT GROUP**

**2nd Tuesday of each month - 6:30pm -**

**Classroom B - (Jan. 10, Feb. 14, March 13)**

**Facilitator: Kelly Sloan, Community Resource Specialist**

This group is open to adults of any age. It is intended for those caring for a loved one with Alzheimer's or other dementia but is open to any caregiver that can benefit. Meetings may consist of sharing time and/or guest speakers. This group is offered in conjunction with the Alzheimer's Association.



## Trips - Day

Transportation can be provided to the 1st 24 who sign up. **There is a \$5.00 charge for transportation for each trip, due upon sign up. Each person going on a trip must sign up in person at either the Mocksville or Farmington site.** All participants buy their own lunch.

**\$5.00 fee is non-refundable if you cancel.**

If trip is canceled due to weather or other unforeseen circumstance, money will be refunded. See staff for complete trip rules.

## OTHER ONGOING PROGRAMS & SERVICES

### **JANUARY 3 - MYSTERY TRIP**

**Tuesday, January 3 - Departure time 9:00am,  
Return approximately 3:00pm**

**Cost: \$5.00 for transportation**

**Money for lunch**

We're not telling where we are going, but we are sure you will have a great time. Sign up starts November 15.

### **FEBRUARY 7 – CAROLINAS AVIATION MUSEUM, CHARLOTTE, NC**

**Tuesday, February 7 - Departure time 8:30am, Return approximately 3:00pm**

**Cost: \$6.00 for museum**

**\$5.00 for transportation**

**Money for lunch**

We will watch a video, have a tour and will be able to view the jet that Pilot Sullenberger landed in the Hudson River. Sign up starts December 15.

### **MARCH 6 – HOBES COUNTRY HAM PLANT, WILKESBORO, NC**

**Tuesday, March 6 - Departure time 8:30am, Return approximately 3:00pm**

**Cost: \$5.00 for transportation**

**Money for lunch**

**Money for shopping if you desire**

We will tour their two plants and their wholesale store, where you will be able to purchase a ham at discount prices if you so choose. Sign up starts January 17.

### **APRIL 3 – PAUL J CIENER BOTANICAL GARDEN, KERNERSVILLE, NC**

**Tuesday, April 5 - Departure time 8:45am, Return approximately 3:00pm**

**Cost: \$5.00 for transportation**

**Money for lunch**

This treasure features 10 gardens, showcasing 1000 different kinds of plants, including a perennial border, the largest Spring flowering bulb display in the Piedmont and a kitchen garden. Sign up starts February 15.



## **Trips - Extended**

### **CHARLESTON, WV / OHIO AMISH TOUR**

**Tuesday - Friday - May 22 - 25**

### **Prices - Per Person:**

**\$649.00 - single**

**\$489.00 - double**

**\$442.00 - triple**

**\$419.00 - quad**

### **Trip Leader - Barbara Thornton**

This is a return trip to the Amish Country after many requests. We will be staying at the same Inn, but visiting some different locations. Price includes the following:

#### **Tuesday, May 22**

- Tour of Blenko Glass Factory in WV
- Tour of Grave Creek Mound Historical Monument & Museum (See artifacts of the Indians, Union Carbide & Belgian glassworkers who founded the city of Moundsville, WV)
  - Dinner at Fifth Quarter
- Accommodations at Hampton Inn

#### **Wednesday, May 23**

- Breakfast at hotel
- Heini's Gourmet Market in Sugarcreek, Ohio for shopping and lunch on your own
- Alpine Hills Museum and browsing in Village
- Dinner and Musical Entertainment at Dutch Valley Restaurant

#### **Thursday, May 24**

- Breakfast at hotel
- Walnut Creek Flea Market
  - Coblentz Chocolates
- RW Leather and Lamp Light Candle
- Baltic Mill for some samples (They grind their own fresh flour & cornmeal & have lots of nice bulk foods, spices and garden decorations)
  - Amish Wedding Feast at Amish Farm

#### **Friday, May 25**

- Breakfast at hotel
- Guggisberg Cheese
  - Hersberger Bakery & Farmer's Market
  - Kelm Lumber Tour & Lunch in their Cafe

**Price also includes hotel accommodations at the Carlisle Inn In Sugarcreek, Ohio and travel on motor coach. Reservations can be made with your \$50.00 deposit. Deadline for registration is April 9. Final trip payment is due at that time as well. We are unable to give refunds after payment is made to tour company. See staff member for complete rules regarding trips.**

## OTHER ONGOING PROGRAMS & SERVICES



### Volunteer Opportunities

All Senior Services volunteers receive training & orientation before beginning any assignment. Training varies with each opportunity. Generally volunteers should be 18 years of age or older. Younger volunteers should be accompanied by a parent or guardian. Each volunteer will receive a job description & a handbook. Volunteers are recognized each year at our Appreciation Dinner.

#### **BUDDY PROGRAM**

**Staff Contact: Mitzi Hunter, Morning Receptionist**

This program matches volunteers with participants who are new to Senior Services. They will meet newcomers here at their first event, sit with them, introduce them to other people and help them "learn the ropes".

#### **CLASS INSTRUCTORS**

**Staff Contact: Kim Shuskey, Director**

In an effort to bring new offerings to the seniors of our county, we are always looking for various types of instructors. Volunteers help our dollars go farther, but instructors can be compensated for their time if needed.

#### **FUNDRAISING COMMITTEE**

**Staff Contact: Kim Shuskey, Director**

This newly formed committee will assist with fundraising projects for Senior Services throughout the year. If you are interested in serving, call to find out when the next meeting is scheduled.

#### **FRIENDLY VISITORS**

**Staff Contact: Kelly Sloan, Community Resource Specialist**

Our Friendly Visitor program matches up volunteers who agree to visit socially isolated seniors on a regular basis. One hour visits every other week & a phone call the week between are required. More visits encouraged.

#### **FRONT DESK VOLUNTEERS**

**Staff Contact: Kim Shuskey, Director**

Volunteers are used for afternoons at the front desk. Volunteers greet visitors as they come in, ensure guests are signed in and directed to the appropriate room, register seniors for upcoming events, and may perform some office work.

#### **HOMEBOUND MEAL DRIVERS**

**Staff Contact: Nancy Luckey, Nutrition Program Coordinator**

Drivers deliver meals to homebound seniors. It takes approximately 1 1/2 hours to complete a route and volunteers may deliver as often as they wish. Mileage reimbursement can be paid.

#### **OFFICE HELP**

**Staff Contact: Beth Haire, Adm. Asst.**

Occasionally Senior Services needs help with various office tasks such as mass mailings, etc. Call to be placed on a list to help.

#### **SHIIP (Seniors' Health Insurance Information Program)**

**Staff Contact: Mitzi Hunter, SHIIP Coordinator**

Volunteers are required to complete initial online training & attend quarterly trainings after that. Volunteers must perform at least 40 hours of service each year.

#### **SPECIAL EVENT ASSISTANCE**

**Staff Contact: Ina Beavers, Program & Outreach Coordinator**

From time to time Senior Services needs assistance in putting on events. From food preparation to decorating - there are many ways to help. Photographers & Videographers are also always needed at events.

#### **TAX AIDE VOLUNTEERS**

**Staff Contact: Kim Shuskey, Director**

Tax-Aide Counselors are complete 30 hours of training. Interested individuals should have some knowledge of the IRS tax code (gained by preparing your own returns previously or prior employment with a tax service), computer skills, and enjoy working with people.

# CLASSES & ACTIVITIES - FARMINGTON SITE

Our Farmington site is located in the  
Farmington Community Center,  
1723 Farmington Rd. Hours are  
Monday - Friday 10:00am - 1:00pm.  
Phone number is 998-3730.



## Ongoing Activities

### TRAVEL TIME

**Every 2nd Monday - 10:30am (Jan. 10, Feb. 14, March 14)**

Each month someone will share their travel experiences with the group. This is as good as going there, without the expense of the gas!!

### GARDENING

**Tuesdays & Thursdays - 10am (In Season)**

If you have a green thumb, why not help out in the garden? Gardening tools are available, or you can bring your own.

### MUSIC WITH CAROLYN

**Every 1st Tuesday - 10:30am (Jan. 3, Feb. 7, March 6)**

Carolyn Smith will entertain us the first Tuesday of each month with music.

### BLOOD PRESSURE SCREENINGS

**Every 3rd Wednesday - 10:30am  
(Jan. 19, Feb. 16, March 16)**

A trained professional will take your blood pressure at no charge.

### CRAFTS WITH KAY

**Last Wednesday of each Month - 10:30am  
(Jan. 26, Feb. 23, March 30)**

**Cost: Free**

Each month Kay Kilby will present a new craft. This is a great chance to learn some new skills.

### GAMES

**Every Friday - 10:30am**

We bring out the cards each Friday for some fun and friendly competition. There are a variety of card games from which to choose.

### LUNCH

**Monday - Friday - 11:30am**

**Staff Contact: Janet Ball, Nutrition Site Manager**

**Cost: Free, donations appreciated**

Each weekday Senior Services serves a nutritionally balanced lunch to seniors. Those 60 and older who wish to fill out paperwork can eat at no charge. Those who are under 60 or do not wish to fill out paperwork pay \$4.76. A program is offered each day at 10:30am before lunch. You must call by noon the day before you plan to eat to order a meal.



## Special Events

### RESOLUTION PONG

**Thursday, January 5 - 10:30am**

**RSVP by Dec. 30**

This is a fun game, played with Ping Pong Balls & the Top New Year's Resolutions. We'll explain it all when you get here!

**Limited to the first 25 to register.**

### OH MY ACHING BACK

**Tuesday, January 10 - 10:30am**

**RSVP by Jan. 3**

**Speaker: Dr. Michael Druzbeck, Family Chiropractic, Statesville, NC**

**Limited to the first 25 to register.**

Learn about the most common back problems and tips you can use to help avoid them.

**Limited to the first 25 to register.**

***Qualifies for Destination Fitness drawing.***

### PANTRY BINGO

**Tuesday, January 17 - 10:30am**

**RSVP by Jan. 10**

**Sponsor: Mocksville Civitans**

Our quarterly pantry bingo will allow you to win useful items that you actually need.

**Limited to the first 25 to register.**

## CLASSES & ACTIVITIES - FARMINGTON SITE

### **ACHIEVING / MAINTAINING YOUR HEALTHY WEIGHT**

**Thurs., January 26 - 10:30am**

**Speaker: Joyce Vail**

**RSVP by Jan. 19**

What is a healthy weight for you & more importantly - how do you get there or stay there with all the temptations out there? Learn more at this informative seminar.

**Limited to the first 25 to register.**

### **THE WONDERFUL WORLD OF Wii**

**Mondays - Fridays in February - 10:00am - 1:00pm (whenever Wii is available)**

Have you still not discovered the fun of Wii? Or maybe you have played but it has been awhile? All through the month of February we will have a special Wii promotion. For every time you play, you will be entered in a drawing for a \$20.00 Wal-Mart gift card. At the end of the month, we will pick a winner. This is just our way of saying thanks for playing!

### **MOVIE - "I HATE VALENTINE'S DAY"**

**Wednesday, February 1 - 10:30am**

**RSVP by Jan. 25**

In Manhattan, Genevieve Gernier owns a flower shop and has a personal dating rule: a limit of five dates with a man to avoid a relationship. When Greg Gatlin buys a restaurant nearby her shop, they decide to date. However, after five dates, Genevieve is not happy with her rule and does not know how to meet Greg again. This movie is rated PG-13 for some sexual content and run time is approximately 1 hour and 38 minutes.

**Limited to the first 25 to register.**



### **GETTING A GOOD NIGHT'S SLEEP**

**Wednesday, February 8 - 10:30am**

**Speaker: Terry Day, Family Nurse Practitioner, Davie County Hospital**  
**RSVP by Feb. 1**

Learn some tips for a good night's sleep as well as what causes insomnia.

**Limited to the first 25 to register.**

**Qualifies for Destination Fitness drawing.**



### **VALENTINE'S CELEBRATION**

**Tuesday, February 14 - 10:30am**

**RSVP by: Feb. 7**

We will celebrate all things candy at this celebration, including a fun candy game.

**Limited to the first 25 to register.**

### **ASK THE DIETICIAN**

**Tuesday, February 21 - 10:30am**

**Speaker: Cathy Manson, Davie Co. Health Dept.**

**RSVP by: Feb. 14**

Get the answers to your nutritional questions from the expert. Also learn about the Diabetes Program offered through the Health Department.

**Limited to the first 25 to register.**

### **CELEBRATE KAZOO DAY**

**Monday, February 27 - 10:30am**

**RSVP by Feb. 20**

We will celebrate kazoo day not only with kazoos, but all kinds of rhythm band instruments. Come out & join us!

**Limited to the first 25 to register.**

### **DRY EYE SEMINAR**

**Thursday, March 8 - 10:30am**

**RSVP by March 1**

Dry eyes are irritating, and may be a symptom of a more serious illness. Learn what you need to know at this seminar.

**Limited to the first 25 to register.**

**Qualifies for Destination Fitness drawing.**



### **ST. PATRICK'S DAY CELEBRATION**

**Thursday, March 15 - 10:30am**

**RSVP by March 8**

Put on your green and join your friends as we celebrate St. Patrick's Day.

**Limited to the first 25 to register.**



# CLASSES & ACTIVITIES - FARMINGTON SITE

## ALTERNATE HEALTH PRACTICES

**Monday, March 19 - 10:30am**

**Speaker: Gayle O'Malley**

**RSVP by March 12**

There are many alternatives to traditional medicine that can offer you great health benefits. Learn more at this seminar.

**Limited to the first 25 to register.**

## LEARN MORE ABOUT MULTIPLE SCLEROSIS

**Tuesday, March 27 - 10:30am**

**Speaker: Cathy Mahaffey, RN, Davie County Hospital**

Do you know the signs and symptoms of this disease? Learn about them at this seminar.

**Limited to the first 25 to register.**

Carolyn's Events -  
Farmington Site

### January

- Jan. 2 - CLOSED FOR NEW YEAR'S DAY HOLIDAY
- Jan. 3 - Music with Carolyn - 10:30am
- Jan. 5 - Resolution Pong - 10:30am
- Jan. 9 - Travel Time - 10:30am
- Jan. 10 - Oh My Aching Back - 10:30am
- Jan. 16 - CLOSED FOR MARTIN LUTHER KING, JR. DAY
- Jan. 17 - Pantry Bingo - 10:30am
- Jan. 18 - Blood Pressure Screens - 10:30am
- Jan. 25 - Craft Day - 10:30am
- Jan. 26 - Achieving/Maintaining Healthy Weight - 10:30am

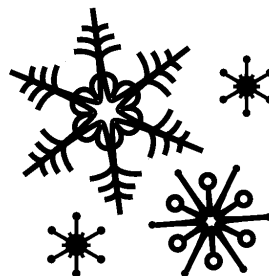
### February

- Feb. 1 - Wonderful World of Wii Begins
- Feb. 1 - Movie - 10:30am
- Feb. 7 - Music With Carolyn - 10:30am
- Feb. 8 - Getting a Good Night's Sleep - 10:30am

- Feb. 13 - Travel Time - 10:30am
- Feb. 14 - Valentine's Day Celebration - 10:30am
- Feb. 15 - Blood Pressure Screens - 10:30am
- Feb. 21 - Ask the Dietician - 10:30am
- Feb. 27 - Celebrate Kazoo Day - 10:30am
- Feb. 29 - Craft Day - 10:30am

### March

- March 6 - Music with Carolyn - 10:30am
- March 8 - Dry Eye Seminar - 10:30am
- March 12 - Travel Time - 10:30a
- March 15 - St. Patrick's Day Celebration - 10:30am
- March 19 - Alternative Health Practices - 10:30am
- March 21 - Blood Pressure Screenings - 10:30am
- March 27 - Learn More About Multiple Sclerosis - 10:30am
- March 30 - Craft Day - 10:30am



IN CASE OF BAD  
WEATHER...  
Farmington site

If Davie County schools are delayed up to 2 hours we are open for lunch and will serve meals provided our caterer can get the food to us.

If Davie County schools are closed, we will not serve lunch and our Farmington site will not open.

# Calendar of Events - Month of January Site

## January

- Dec. 31 & Jan. 2 - CLOSED FOR NEW YEAR'S DAY
- Jan. 2 - Piedmont Power Assoc. - 7:00pm
- Jan. 3 - Day Trip - Mystery Trip - Depart at 9:00am
- Jan. 3 - Senior Financial Care - 8:30am - 4:30pm
- Jan. 3 - Blood Pressure Screenings - 10:45am
- Jan. 3 - Massage Therapy - 1pm - 4pm - by appt. only
- Jan. 4 - New Yoga session starts - 10:00am - Must pre-register
- Jan. 4 - The Basics of Investing - 1:00pm
- Jan. 4 - New Yoga session starts - 1:00pm - Must pre-register
- Jan. 4 - New Yoga session starts - 2:00pm - Must pre-register
- Jan. 4 - New Yoga session starts - 3:00pm - Must pre-register
- Jan. 6 - Handbells - 10:00am
- Jan. 6 - Casino Night - 6:00pm
- Jan. 9 - Ask the Doctor - 10:45am
- Jan. 9 - Monthly Movie - "Arthur" - 2:00pm
- Jan. 10 - Tai Chi begins - 10:00am
- Jan. 10 - Senior Lunch - 11:30am
- Jan. 10 - Scrapbooking - 2:00pm
- Jan. 10 - Alzheimer's Support Group - 6:30pm
- Jan. 12 - Knitting/Crocheting Group - 1:00pm
- Jan. 13 - Friday Afternoon at the Movies - 2:00pm
- Jan. 16 - CLOSED FOR MARTIN LUTHER KING JR. DAY
- Jan. 16 - Quilt Guild - 6:30pm
- Jan. 17 - Massage Therapy - 9:30am - 4:00pm - by appt. only
- Jan. 17 - Senior Book Club - 2:30pm
- Jan. 18 - Healthy Circulation & Vein Treatment - 1:00pm
- Jan. 19 - Wii Brain Games - 1:00pm

- Jan. 23 - Destination Fitness Testing - 9:30 - 11:00am
- Jan. 23 - Intergenerational Movie - "Tangled" - 2:00pm
- Jan. 24 - Theatre Club - 1:00pm
- Jan. 24 - Senior Birthday Party - 2:00pm
- Jan. 24 - Advisory Council - 3:00pm
- Jan. 26 - Knitting/Crocheting Group - 1:00pm
- Jan. 26 - Internet Level 1 class starts - 4:00pm
- Jan. 27 - Andy Griffith Show - 10:30am
- Jan. 27 - Friday Afternoon at the Movies - 2:00pm
- Jan. 31 - Bingo - 1:00pm

## February

- Feb. 2 - Single's Dinner - 5:30pm
- Feb. 3 - Tax Aide Starts
- Feb. 3 - Handbells - 10:00am
- Feb. 6 - Ask the Doctor - 10:45
- Feb. 6 - Five Wishes Seminar - 1:00pm
- Feb. 6 - Piedmont Power Assoc. - 7:00pm
- Feb. 7 - Senior Financial Care - 8:30am - 4:30pm
- Feb. 7 - Day Trip - Carolinas Aviation Museum - Depart at 8:30am
- Feb. 7 - Blood Pressure Screenings - 10:45am
- Feb. 7 - Massage Therapy - 1pm - 4pm - by appt. only
- Feb. 9 - Singing Telegrams Start
- Feb. 9 - Knitting/Crocheting Group - 1:00pm
- Feb. 9 - Dinner & Movie - 5:30pm
- Feb. 10 - Friday Afternoon at the Movies - 2:00pm
- Feb. 10 - Word Level 2 Refresher Course - 3:00pm
- Feb. 14 - Scrapbooking - 2:00pm
- Feb. 14 - Valentine's Party - 2:00pm
- Feb. 14 - Alzheimer's Support Group - 6:30pm
- Feb. 16 - Word Level 2 Refresher Course - 6:00pm

- Feb. 17 - What Caregivers Need to Know About Caring for Their Loved Ones - 1:00pm
- Feb. 20 - Destination Fitness Testing - 9:30 - 11:00am
- Feb. 20 - Monthly Movie - "Water For Elephants" - 2:00pm
- Feb. 20 - Computer Basics Class starts - 4:00pm
- Feb. 20 - Quilt Guild - 6:30pm
- Feb. 21 - Massage Therapy - 9:30am - 4:00pm - by appt. only
- Feb. 21 - Ladder Ribbon Necklace Craft - 1:00pm
- Feb. 21 - Senior Book Club - 2:30pm
- Feb. 23 - Knitting/Crocheting Group - 1:00pm
- Feb. 23 - Tea & Bingo - 1:00pm
- Feb. 24 - Andy Griffith Show - 10:30am
- Feb. 24 - Friday Afternoon at the Movies - 2:00pm
- Feb. 27 - Internet Level 1 class begins - 6:00pm
- Feb. 28 - Theatre Club - 1:00pm
- Feb. 29 - Black History Month Celebration - 10:30am

### March

- March 1 - Senior Tarheel Priorities Seminar - 1:00pm
- March 1 - Envelopes & Labels class begins - 6:00pm
- March 2 - Handbells - 10:00am
- March 5 - Ask the Dr. - 10:45am
- March 5 - Piedmont Power Assoc. - 7:00pm
- March 6 - Senior Financial Care - 8:30am - 4:30pm
- March 6 - Day Trip - Hobes Country Ham Plant - Depart at 8:30am
- March 6 - Blood Pressure Screening - 10:45am
- March 6 - Massage Therapy - 1pm - 4pm - by appt. only
- March 8 - Healthy Feet, Happy Feet - 1:00pm

- March 8 - Knitting/Crocheting Group - 1:00pm - 3:00pm
- March 9 - Destination Fitness Breakfast - 9:00am
- March 9 - Friday Afternoon at the Movies - 2:00pm
- March 12 - Envelopes & Labels class begins - 3:00pm
- March 13 - Veteran's Social - 10:30am
- March 13 - Scrapbooking - 2:00pm
- March 13 - Printing Invitations class begins - 3:00pm
- March 13 - Alzheimer's Support Group - 6:30pm
- March 14 - Welcome to Medicare - 10:00am
- March 16 - St. Patrick's Day Dance - 6:00pm
- March 19 - Destination Fitness Testing - 9:30am
- March 19 - Monthly Movie - "Letters to God" - 2:00pm
- March 19 - Quilt Guild - 6:30pm
- March 20 - Massage Therapy - 9:30am - 4:00pm - by appt. only
- March 20 - Ask the Dietician - 10:45am
- March 20 - Senior Book Club - 2:30pm
- March 20 - Beginning Computer class starts - 5:00pm
- March 22 - Knitting/Crocheting Group - 1:00pm - 3:00pm
- March 23 - Andy Griffith Show - 10:30am
- March 23 - Friday Afternoon at the Movies - 2:00pm
- March 26 - Hearing Screenings & Cap-Tel NC Seminar - 1:00pm
- March 27 - Theatre Club - 1:00pm
- March 27 - Advisory Council Meeting - 3:00pm
- March 29 - Teens Today Seminar - 1:00pm

### HOLIDAY CLOSINGS

Senior Services will be closed on the following dates:

- Dec. 31 & Jan. 2 for New Year's
- Jan. 16 for Martin Luther King, Jr. Day



278 Meroney Street  
Mocksville, NC 27028

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# Don't Forget!

Anytime you come to Senior Services please remember to scan your membership card. This helps us to keep track of how many people use our building. We use this information to obtain grants and request additional money when necessary.

If you do not have a membership card, see a staff person today to get one. Membership is free and the information is important to help us maintain a safe environment for our participants.

Call Senior Services at 753-6230 for more information or to register for any of these events or anything else in the newsletter.